

# PNF 3

## Contents and Objectives

This course consists of 37 hours (60 minutes) of instruction including 3 hours of patient demonstration and 4 hours of supervised patient treatment.

The content of this level is problem solving by task orientated teaching methods.

Participants learn to analyze the information from their assessment using the ICF/ICIDH classification. This analysis will facilitate clinical reasoning and allow for a more specific PNF treatment plan.

Upon completion of the PNF 3 course, the participant will be able to make a correct choice out of the PNF arsenal for an appropriate treatment and treatment progression. Problem solving is based on the level of the functional limitation as well as the causal impairment. Test, re-test and the PNF philosophy are an integrated part of their treatment.

Course members will be required to prove their skills through a written and practical test.

### 1. Advanced PNF-skills

PNF 3 is an advance course. This includes repetition of the contents of level 1 & 2 on a higher level as well as advanced variations of PNF skills:

- Adequate combination of all basic procedures
- Adequate selection and combinations of techniques
- Variations and combinations of different patterns in more difficult positions as in prone, side lying, sitting, standing etc.
- Arm pattern variations, including all bilaterals and thrust variations
- Leg pattern variations. All bilateral leg variations.
- Neck patterns with different positions and techniques
- Trunk in different variations, including combinations of upper and lower extremities.
- Advanced mat activities in closed and open chain, also with mobile base of support, with all techniques. Integration of motor learning principles.
- Advanced gait training with different gait disorders and spasticity.
- Advanced facilitation of vital functions
- PNF with functional and goal orientated tasks, adapted to real life situations, including demonstrations of dual task .
- Stimulation of more task orientated thinking and planning

## 2. Problem solving

Treatment of different common functional limitations of trunk, upper and lower extremities as case studies and patient treatment.

The causal impairments include weakness, limited range of movement, reduced stability, tone problems like spasticity, rigor or flaccidity, pain, co-ordination problems, balance problems, motor planning problems, decreased perception and cognition.

The underlying diagnoses are from neurology, orthopaedics and traumatology

Problem solving and treatment planning: course members are able to

- assess adequately and set a treatment planning in a timely manner
- distinguish with assistance, relevant major and minor problems or goals
- explain clinical reasoning from assessment to the treatment plan
- select appropriate starting positions, patterns and techniques
- demonstrate the positive approach during treatment, based on patients goals and wishes
- start with a simple PNF treatment demonstration of one main problem
- incorporate test and retest on functional and impairment level (ICF/ICIDH)